



Community Connection

New Horizons at Marlborough, LLC
Serving Metrowest Seniors Since 1994
A Turning Point in Senior Living!

April 2017

APRIL IS VOLUNTEER MONTH We are so grateful to the residents and friends who go above and beyond for us, volunteering their time for the benefit of our community. **Bob Fagone's** readings of the classics keep us spellbound; Busy Hands' **Alice Wright** and her talented circle of knitters donate proceeds from their works to worthy charities; **Helen Gagliardi** entertains us with such diverse topics as pop-up books, a remarkable trip to Japan and the origins of calendars; **Elizabeth Gebhard** keeps our greenhouse blooming; and **Ron Barclay** has entertained us with countless Thursday afternoon and holiday piano performances. Thank you, all!



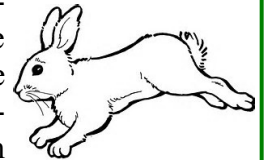
POINT OF LIGHT **Robert Simcoe** is a Meadows resident whose remarkable ingenuity is shedding light on the history of astronomy. As a volunteer, Robert spent years designing and building an ultra-high-speed digitizer for Harvard College Observatory. The complex machine is preserving a half-million fragile glass slides that chronicle a century's worth of exploration of the starry worlds beyond. For more about the observatory, part of Harvard-Smithsonian Center for Astrophysics, go to www.cfa.harvard.edu/about/aboutCfA; to learn more about Robert's project, visit <http://spie.org/newsroom/0433-toward-digitizing-a-century-of-astronomical-full-sky-images-at-harvard>.

APRIL OBSERVANCES

PASSOVER **Arlene Lemieux** will lead seder **April 11** in Assembly Hall, followed by a traditional Passover feast. Please sign up by **April 4** in Town Center.



EASTER DINNER Be quick as a bunny and make your reservations now for our much-anticipated **Sunday, April 16** buffet! Space is limited. Tickets for up to four guests, as well as residents not on a dinner plan, are \$20 each; tickets for children under eight are \$10. Please speak to **Amanda** or **Teresa** in the dining room, or email your reservations to food@cummings.com by **April 9**.

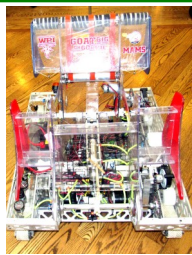


PATRIOTS DAY will be celebrated **April 17**. The state holiday marks the **April 19, 1775** Revolutionary War battles of Concord and Lexington. The day begins with dawn reenactments of the battle, followed by the running of the Boston Marathon and the Red Sox hosting the Tampa Bay Rays in a morning game. The opening pitch is at 11:05 AM.

SAVE THE DATE for our next culinary extravaganza: **Mother's Day, Sunday, May 14**.



PUPPY LOVE *Left to right:* **Shirley Hoey** gets cozy with **Boo**; Tufts Paws for People Coordinator **Deb Gibbs** introduces **Boo** to **Bob Greenlaw** as **Shirley Kimmens** looks on; **Carole Colleton** receives an affectionate gaze from **Jeter**. **LUCKY CHARM?** A beaming **Carol Bajor** displays the key to her Bingo-winning ways!



ROBOTS: THE NEXT GENERATION Thanks to WPI robotics professor **Ken Stafford** and freshmen **Chris Letherbarrow** and **Andrew Gulotta**, residents test drove a new model robot, named “Goat Goat,” after WPI’s mascot, the goat, built for a soccer-like competition. To learn more about this science and technology program visit: thinktank.wpi.edu Pictured, *left to right*: **Les Gediman** (*center*) has a go at “Goat Goat;” **Jean Cullinane** (*center*) takes the controls; Professor **Stafford**, with **Chris** and **Andrew**, seated in front of several admiring residents.



VNA Care Advantage
VNA Care



Seasonal Allergies Survival Guide Sooner or later, the snow will melt. The sun will shine brightly. The air will feel warm. Birds will sing, and gentle breezes will blow clouds of microscopic pollen grains into the eyes, noses, and lungs of millions of allergy sufferers. When spring finally arrives, those beautiful trees in bloom and green grassy fields will be trouble for the approximately 20 percent of the U.S. population with seasonal allergies. Here are some tips to survive allergy season:

- Pay attention to the typical signs of seasonal allergies, including itchy eyes, a runny nose, and sneezing.
- Discuss your medications for chronic diseases with your doctor before taking antihistamines, which can interact badly with some medications.
- Do not wait to see a doctor. It is important to treat symptoms of allergies aggressively and promptly.

Mark Your Calendar!

April 1	Tufts Paws for People	10:30 AM
April 1	Firefighter Christie Clement on Preventing Falls	2:30 PM
April 4	Mark West on Piano	2:00 PM
April 7	Tom Yates on Guitar	2:30 PM
April 9	Recognition of former POW Russell Lang	2:25 PM
April 9	Screaming Sushi Youth Band	2:30 PM
April 10	Pet Therapy with Shelby	11:15 AM
April 11	Vocalist Joey Barilone	2:00 PM
April 14	Tad the DJ Quiz Show	2:00 PM
April 19	Mel Stiller on piano	2:30 PM
April 20	New Resident Reception with Ron Barclay	2:30 PM
April 21	Harpist Rebecca Swett	2:00 PM
April 24	Hearing Clinic with Samina Khan	10:30 AM
April 25	Richard Hughes presents Silent Movies	2:30 PM
April 26	Hearthstone Caregiver Support Group	6:00 PM
April 28	Guitarist Joe Foster	2:30 PM

To view this newsletter in color, see the postings throughout the community, or visit www.countrycommunities.com.

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